

Don't Let Junior's Diet Slip

In the rush of back-to-school days, don't let your youngsters lapse into the bad eating habits that caused almost half of the nation's teenagers to suffer from malnutrition in the midst of plenty.

Dr. Evelyn B. Spindler, nutritionist for the U.S. Department of Agriculture, estimates six out of ten teenage girls and four out of ten boys have poor diets and serious nutritional deficiencies. Poor eating habits among these youngsters result in lowered resistance to illness, frequent colds, skin eruptions, irritability, lack of energy, and unusual fatigue.

WHAT ARE the reasons for this, and what can be done about it? Dr. Spindler blames teenage undernourishment largely on skipping breakfast and filling up on snacks made up mainly of "empty calories"—foods full of sugar, fat, and starches, but very little protein, minerals and vitamins.

A good way to encourage your teenagers to adopt better eating habits now that school is back in full swing is to keep your refrigerator well stocked with nutritious foods and beverages. If your present refrigerator is already overloaded, you'll need one of the roomy new electric refrigerator-freezers to hold nourishing snack-time extras.

YOU'LL FIND that the nutritious foods you keep in your electric refrigerator-freezer for after-school snacks will disappear as quickly as the "empty calorie" ones like cookies, cake, candy and soda pop. Nutritious substitutes to have on hand include hard-boiled eggs, cold cuts, hot dogs and hamburger meat, ice cream, cheese, fresh fruits, and crunchy raw vegetables.

For health-giving drinks, provide lots of milk and a variety of juices such as apple, prune, grape, tomato, orange, and grapefruit.



HELP FOR HOMEWORK . . . To tote those books, papers, and pencils back and forth between home and school, a student needs a roomy, durable bag or case such as those shown here. The variety today is large enough to meet the needs and tastes of every student.

El Camino Gives Deadline Date For Registration

Prospective students not enrolled at El Camino College tomorrow will still have Sept. 10 to register.

Classes begin on Sept. 10, but "late registrants" may not attend classes until they have completed the registration process scheduled on that day from 1 p.m. until 3 p.m. and from 5:30 p.m. until 7 p.m.

Students enrolling for the first time in college level courses of English, mathematics, chemistry, shorthand, foreign language, and journalism are advised that a limited number of reservations to take placement tests in these areas are still available in the Registration office of the college.

Tests must be completed by Sept. 3 or 4 in order that results may be available for registration on Sept. 10.

All students under 21 years of age, regardless of academic load, must present evidence of

poliomyelitis immunization before they may register. Students 21 years of age or older must comply only if they carry more than 10 hours of instruction per week.

Newcomers to the campus are also urged to forward their transcripts of previous high school and college work to the Registration office of the college, prior to registering.

Zone Change Denied

The County Regional Planning Commission has turned down a request by Toshie Yoshioka, 21521 Perry St., for a zone change from light agriculture to limited multiple residence on an irregularly shaped 5.2 acre piece of land situated on the west side of Perry Street beginning 330 feet north of Carson St.

Revenue Service Reminds Retailers Of Tax Deadline

Manufacturers, retailers, and this purpose and make this deposits, liable for more than \$100 of excise tax for July, 3, 1963, must place them in a depository. They must use Form 537 for

Deposits may be made in local authorized banks or at a Federal Reserve Bank. Information regarding requirements for tax depositaries may be obtained by calling the

Internal Revenue office at 688-4040.

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Childrens Shoes — Second Floor



WOULD YOU LIKE TO BE "PRINCESS FOR A DAY" . . . and win a \$125.00 back-to-school wardrobe from HER MAJESTY? If you're between 4 and 10 years, you're eligible! Register in the Girls' Lingerie Department before noon on September 9.

The Broadway DEL AMO

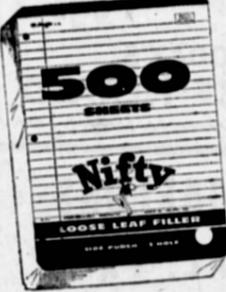
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